

# THE MILFORD MAILER

AUGUST 2016



It is hard to believe it is already time for a new school year! In honor of the last of my children (the twins) starting Kindergarten this fall, I thought I would share part of the poem by Robert Fulghum, "All I Really Need to Know I Learned in Kindergarten" I think we can all find some wisdom in his words.

*"Live a balanced life -  
Learn some and think some  
And draw and paint and sing and dance  
And play and work everyday some.  
Take a nap every afternoon.  
When you go out into the world,  
Watch out for traffic,  
Hold hands and stick together.  
Be aware of wonder. "*

The Senior Center is a great place to do all these things! We hope you will join us for exercise, fellowship, education and other activities. This month we will have Shelly Troyer joining us for Wellness Wednesday to speak about massage and some surprising ways it helps people. The speaker for the Birthday Celebration will be John Vosta. He will be sharing some eye opening experiences from his trip to Haiti.

Hope to see you this month!

Nancy Buchli, Senior Center Manager

## Aging Services Newsletter

Check out and like Seward County Aging Services on Facebook! There you will find information on services and programs in the county.

With these really hot days upon us, the thought of preparing a hot meal may seem like a big job, or we may have a lack of appetite. Possibly consider having small meals during this time and be sure to stay hydrated by drinking plenty of fluids. Fruits and vegetables are in peak season now and come in many colors and flavors, but their real beauty lies in what's inside. Fruits and vegetables are great sources of many vitamins, minerals and other natural substances that may help protect you from chronic diseases. These make great additions to small meals during these hot days and are good for you! To get a healthy variety, think color. Eating fruits and vegetables of different colors gives your body a wide range of valuable nutrients like fiber, folate, potassium and vitamins A and C. The Farmers Markets are a great place to find locally grown fruits and vegetables.

Kathy Ruzicka, Seward County Aging Program Manager 402-761-3593.



Aug 11-Brunch 11:00

Bingo: *Hosted by Heartland*

Aug 17— Wellness Wednesday

Speaker: Shelly Troyer

Massage 12:30

Aug 19— POTATO BAKE

Friday 5:00-7:00

Aug 29 —Birthday Meal

Speaker: *John Vosta-Haiti*

Aug 31—Blood Pressure &

Sugar Level Checks 9:30

Sept. 9— Foot Doctor 8:00am

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Mon/Wed/Fri Water Aerobics

Through Aug 10

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Tuesdays— Tai Chi & Cards

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Wednesdays—Wii Bowl and  
Hot Dish/Salad Bar

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2nd Thursday— Brunch & Bingo

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Fridays—Exercises

## August Birthdays

9-Lester Breidenstine

12- Gladys Stephens

18-Sharon Stutzman

19-Alice Ficke

19-Susan Trabert

21-Connie Rucker

22-Louise Welsch

27-Norma Cast

## Community Bulletin

### POTATO BAKE

Milford Senior Center

Friday August 19

5:00-7:00 pm

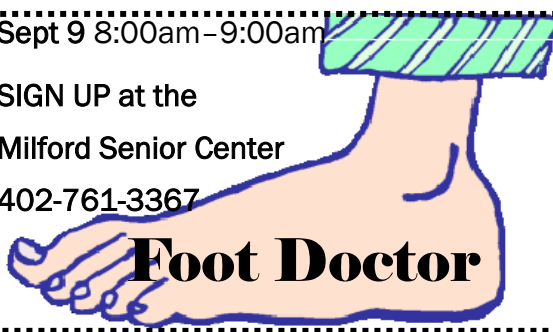
During Milford Fun Days



Sept 9 8:00am–9:00am

SIGN UP at the  
Milford Senior Center  
402-761-3367

**Foot Doctor**



### Senior Water Aerobics

ENDING AUGUST 10

Monday, Wednesday, Friday 10:30–11:30

Milford Public Swimming Pool

\$2 per session, or a Senior Pool Pass.

### SEWARD COUNTY TRANSIT DAY TRIPS

Aug 11- Lincoln "Light Up The Night"

jazz and pop from the '30's and '40's

Featuring the Lightning Bugs Trio.

\$10 Dinner and Entertainment,  
\$10 Transportation.

Prepayment required.

Call Seward County Public Transit office to re-  
serve a seat today! 402-643-4067

### Train Songs and Tales of the Westward Rails, Ne-

braska Humanities Council. What is it about trains that so

easily engages one's imagination? Climb aboard with David

Seay as he sings and plays a variety of railroad inspired songs

and tells tales of the westward expansion of the rails towards

Nebraska's western border in the mid-1800's. This upbeat

excursion features storytelling, banjo, harmonica, whistles,

and sing-alongs. UTICA SENIOR CENTER July 30, 9:30.

contact Joyce Schriener at 402-534-3435